



SELF-COMPASSION FOR PARENTS AND CAREGIVERS

**INTRODUCTORY WORKSHOP (VIRTUAL ON ZOOM)
FOR ARLINGTON PARENTS & CAREGIVERS
THURSDAY, OCTOBER 28, 7:00 - 8:30 PM**

Caregiver fatigue is especially present in the time of the COVID pandemic. This 1.5-hour introductory workshop (for Arlington parents and caregivers) will introduce mindfulness and self-compassion as a way to support managing challenges in everyday life.

Join AYCC (Arlington Youth Counseling Center) clinician Bridge Kiley in this introductory virtual workshop on Mindfulness and Self-Compassion practices that you can incorporate for yourself and your family to build resilience and manage stress.

*This workshop is free,
yet registration is required.
Register at: [bitly/AYCC-scw](https://bit.ly/AYCC-scw)*

